



## **O<sub>2</sub> Program September 2006 Update**

Fall is officially upon us and its time to head into our O<sub>2</sub> school-year calendar of events. As a reminder this means a calendar shift to after-school and weekend activities. Both Golden Gardens and Seward Park will be hosting weekly Tuesday events from 4 – 6 PM. While Golden Gardens and Seward Park will continue to host overnight adventures on opposing weekends. You are always welcome to attend any of our events at either of our facilities.

For the month of September, we will be starting our Tuesday events beginning September 19<sup>th</sup>. This will be followed by a joint indoor rock climbing event with both Golden Gardens and Seward at Vertical World Climbing Gym. Both Golden Gardens and Seward are planning an overnight rafting trip on the famous Tieton River for the weekend of September 16<sup>th</sup> and partnering on a volunteer moving project on September 23<sup>rd</sup>.

The City of Seattle and the Audubon Society plan to put 1.5 million dollars into renovating the Seward Park Environmental Learning Center. This construction is scheduled to begin on October 2006 and continue for 6 – 12 months. During this time we will move our glorious O<sub>2</sub> Seward Park location to Camp Long. Camp Long is an amazing park and facility in West Seattle. It is an old and rustic lodge built in the early 1900's with great meeting places, huge meadows, ponds, overnight cabins and the oldest artificial climbing wall in North America!!!! We are lucky to have such a great place to call home for the next year and will have a blast in this facility and park!

Lastly, we are in the process of hiring a new O<sub>2</sub> staff member to replace Davene. Matt and I have conducted the interviews and plan to contact this prospective staff member in September with them starting in the month of October. So keep you eyes peeled for a new face and personality to join our O<sub>2</sub> family.

We look forward to seeing you at our events in September!!!!

Until Then~

Bob Warner and Matt Axling

***[www.seattle.gov/park/teens/o2](http://www.seattle.gov/park/teens/o2)***



## **Golden Gardens and Seward Park September 2006 Update**

### **O<sub>2</sub> Expedition – Tieton River Rafting Expedition!!**

Saturday, September 16<sup>th</sup> to Sunday, September 17<sup>th</sup>, 2006

Leave Golden Gardens Brickhouse 8 a.m.

Leave Seward Park ELC 8:30 a.m.

Return Sunday, September 17<sup>th</sup> after 6 p.m.

**Additional Paperwork Required: Downstream River Runners Waiver  
Wild and Scenic Institute Waiver**

#### **A float test is required for this trip!**

The Tieton River is a super fun river that drops out of the mountain in Eastern Washington near Yakima. It is best known for its whitewater, fun class III rapids, and beautiful scenery. During this trip, we will spend the day rafting through the desert environment talking about river dynamics, salmon spawning patterns, and prehistoric volcanic eruptions all the while paddling like crazy through a fun river trip! Whether you have never been rafting before, or have participated in past rafting trips, this is a great way to celebrate the end of the summer. A float test is required for this trip.

### **O<sub>2</sub> Golden Gardens Workshop – Summer 2006 Slideshow and Food Fiesta**

Tuesday, September 19<sup>th</sup> 4:00 p.m. – 6:00 p.m.

**Meet at Golden Gardens Brickhouse – 8498 Seaview Ave. NW**

The summer of 2006 will long be remembered for its great weather, exciting trips, fun job opportunities and numerous outdoor adventures. During our first workshop of the fall, we will take a look back on all of our summer adventures through a slideshow recapping all the rafting, biking, trailbuilding, backpacking, rockclimbing and canoeing fun. Everybody attending will receive a CD of the slideshow as well as all the yummy food you can eat. Feel free to bring your own photos and stories to share as well!

### **O<sub>2</sub> Seward Park Autumn Gathering and Planning Session**

Tuesday, September 19<sup>th</sup> 4:00 p.m. – 6:00 p.m.

**Meet at the Seward Park ELC at 8:30 a.m. – 5902 Lake Washington Blvd. So.**

As the Fall dawns upon us and the school-year kicks into full swing its time to get back into the O<sub>2</sub> school-year calendar. Tuesday, Sept. 19<sup>th</sup> will mark the beginning of our regular Tuesday after-school meetings. Let's come back together, share summer stories, eat pizza galore and discuss the O<sub>2</sub> event of events. Come on by to see old friends, meet new ones and bring a few ideas for potential O<sub>2</sub> trips that you would be interested in attending. We will make a list of all the ideas people have for upcoming events and narrow down the top picks that will become our O<sub>2</sub> calendar of events for the 2006 / 2007 school year. I hope you can attend and contribute!!

## **O<sub>2</sub> Service Project – Camp Long Relocation**

Saturday, September 23<sup>rd</sup>

10 a.m. – 3 p.m.

**Meet at Golden Gardens Brickhouse – 8498 Seaview Ave. NW – 9:15 a.m.**

**Meet at the Seward Park ELC - 5902 Lake Washington Blvd. So. – 10:00 a.m.**

As many of you know, we are moving our O<sub>2</sub> location from Seward Park to Camp Long in West Seattle. Since we have so much in terms of equipment, supplies and other household goods; we ask your assistance in moving our location and program home. Every hand will make a big difference. So please volunteer some time, laugh with friends and assist with making this move an easy transition. The usual fine O<sub>2</sub> food and festivities will be provided.

## **O<sub>2</sub> Vertical World Indoor Rockclimbing**

Tuesday, September 26<sup>th</sup>

4:00 p.m. – 6:00 p.m.

**Meet at Golden Gardens Brickhouse 3:45 p.m.**

**Meet at Seward Park ELC 3:15 p.m.**

**Return to Golden Gardens Brickhouse 6:15 p.m.**

**Return to Seward Park 7:00 p.m.**

### **\*Additional Waiver Required: Vertical World Release of Liability**

Just because the days are getting shorter and colder, it doesn't mean that we have to put away our carabiners and climbing ropes. This fall, we will once again be tackling the indoor climbing wall at Vertical World! Whether you are an experienced climber or this is your first time, the indoor wall at Vertical World has a climb for everybody!



Golden Gardens and Seward Park September 2006 Calendar						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	5	6	7	8	9	10
11	12	13	14	15	16 <b>O<sub>2</sub> Expedition</b> Tieton River Rafting Trip Leave GG 8 a.m. Leave SP 8:30 a.m.	17 <b>O<sub>2</sub> Expedition</b> Tieton River Rafting Trip
18	19 <b>Golden Gardens Slideshow Workshop</b> 4 – 6 p.m.  <b>Seward Park Planning Workshop</b> 4 – 6 p.m.	20	21	22	23 <b>O<sub>2</sub> Service Project</b> Camp Long Moving Extravaganza! Leave GG 9:15 a.m. Meet at SP at 10 a.m.	24
25	26 <b>Golden Gardens Climbing Workshop</b> 3:45 – 6:15 p.m.  <b>Seward Park Climbing Workshop</b> 3:15 – 7:00 p.m.	27	28	29	30	

## **LIABILITY RELEASE & ASSUMPTION OF RISK**

**READ THIS DOCUMENT,** AS IT EFFECTS YOUR RIGHTS AND LIMITS LIABILITY OF DOWNSTREAM RIVER RUNNERS, INC. AND INFORMS OF RISKS WHICH MAY BE ENCOUNTERED.

I am aware that certain risks and dangers may occur from rafting on whitewater river trips with Downstream River Runners, Inc. These risks include, but are not limited to, hazards of and injury to person and property while traveling in a raft on the river, accident or illness in remote places without medical facilities, the forces of nature, and travel by bus, auto, van, or other conveyance.

I specifically understand that Downstream River Runners, Inc. provides foot cups in its rafts to assist participants in stabilizing themselves. I also understand that in certain situations the use of the foot cups can present an increased risk of knee, ankle or other injuries because of the restrictive nature of the foot cups. Thus I understand that the use of the foot cups inside the raft is optional and that I assume the risk of rafting whether I use the foot cups or not.

I certify that I, my family, and any minor children accompanying me are fully capable of participating in the activities involved in running rivers. I assume full responsibility for myself, my family, and any minor children accompanying me for bodily injury, death, loss of personal property and expense thereof.

I understand that the wetsuits, wetsuit boots, and splash jackets are provided for my comfort and safety. I have examined those items before putting them on and have found them in good condition. I agree to take care of them in a responsible manner, and return them at the end of the trip. I agree to pay a repair fee for any damages I might cause and furthermore I agree to pay full replacement cost for any item mentioned above if lost or stolen. Repairs or replacement costs shall be paid within one week of the trip.

As part payment for the right to participate in the river trip from the pre-embarkation rendezvous until trip completion, and for the services and food arranged or supplied by Downstream River Runners, Inc., its owner, agents, and employees and associates, I hereby assume all of the above risks and, except in the case of gross negligence, will hold Downstream River Runners, Inc., its owners, agents, employees and associates harmless from any and all liability, actions, causes of actions, debts, claims and demands of every kind and nature whatsoever which I now have or which may arise out of or in connection with my trip or participation in any activities with Downstream River Runners, Inc., its owner, agents, employees or associates. This signed statement shall serve as a release and assumption of risk for my heirs, executors, and administrators, and for all members of my family, including minors accompanying me.

The Venue of any dispute that may arise out of this agreement or otherwise between the parties, to which Downstream River Runners, Inc. or its agents is a party, shall be either the City of Monroe, Washington, Justice Court or the County or State Supreme Court in Snohomish County Washington.

Downstream River Runners, Inc. reserves the right to take photographic or film records of any river trip and use them for promotional purposes without fee.

**I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK AGREEMENT BY READING IT BEFORE I SIGNED IT.**

\_\_\_\_\_  
**NAME**

\_\_\_\_\_  
**SIGNATURE (GUARDIAN IF A MINOR)**

\_\_\_\_\_  
**RIVER**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_  
**ADDRESS**

\_\_\_\_\_  
**(PLEASE PRINT LEGIBLY)**

\_\_\_\_\_  
**SUIT**

\_\_\_\_\_  
**BOOTS**

\_\_\_\_\_  
**CITY**

\_\_\_\_\_  
**ST.**

\_\_\_\_\_  
**ZIP**

\_\_\_\_\_  
**E-mail address (for digital pictures!)**

\_\_\_\_\_  
**HOME PHONE**

\_\_\_\_\_  
**WORK PHONE**



## TIETON RIVER RAFTING ADVENTURE

Saturday September 16, 2006

Dear parents and guardians,

This year the **Wild and Scenic Institute** is offering an outdoor recreation program to your child. This is an opportunity for students and teachers to experience together about the wonders of nature. Deep in the desert wilderness of the Yakima Valley, we will learn the basics of paddle rafting on the swift waters of the Tieton River. On this 10-mile stretch we will view and identify abundant waterfowl, wildlife and native plants. Students will understand habitat relationships, the use of ecological terminology and they will learn the importance of this river's protection. The Tieton River is a unique experience because this river runs only in September when the dam releases are guaranteed for irrigation needs of the local farming community. This trip will include chaperones, transportation between Seattle and Naches, professionally guided river rafting trip on the Tieton River and a riverside lunch. **The cost is \$0!** All we ask of you is have your child well fed at the time of drop off. Also be prepared for a chance of rainy weather conditions. Don't forget to bring a bathing suit, sun protection, warm clothes in case of rain or wind, and a bring your own water bottle. Additionally pack one change of dry clothing for the ride home.

We hope you are as excited about this trip as we are. Your signature is permission for your child to participate. Also enclosed is a rafting release form. Please return these pages signed to your trip leader before the trip. There is limited room on this trip and participants will be selected on first come first serve basis. If you have questions about this wonderful experience please feel free to call Hunter Hendrickson @ WSI (206) 459-7334.

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I wish for my child \_\_\_\_\_ to participate in this trip. I acknowledge that there is inherent hazards and risk (including but not limited to loss or damage of personal property, injury and/or death) in participating in outdoor recreation activities and hold Wild and Scenic Institute harmless from any liability, claims, costs, or demands of every kind, which may arise in connection with these hazards. Additionally I agree to pick up and drop off my child at the specified times.

Participant     ☒ \_\_\_\_\_     ☐ I am 18 or older

Parent Signature ☒ \_\_\_\_\_

Return to: YOUR TRIP LEADER at Seattle Parks and Recreation

**VERTICAL WORLD: ACKNOWLEDGMENT AND ASSUMPTION OF RISKS  
& RELEASE AND INDEMNITY AGREEMENT**

**All participants must fill out and sign this document (PRINT LEGIBLY)**  
**For participants under 18 yrs. of age, participant and parent(s) or guardian(s) must sign below**

Name \_\_\_\_\_ **BELAY CHECK INFO**  
Address \_\_\_\_\_ **ISSUED BY: \_\_\_\_\_**  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ **DATE: \_\_\_\_\_**  
Telephone: Home \_\_\_\_\_ Work \_\_\_\_\_  
Male \_\_\_\_\_ Female \_\_\_\_\_ Birthday: \_\_\_\_\_ Email: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Telephone: \_\_\_\_\_

**INTRODUCTION**

Please read this Acknowledgment and Assumption of Risks and Release and Indemnity Agreement, including Introduction and Conclusion (the "Document") carefully before signing. This Document informs you about your responsibilities and assumption of risks, and includes a release of liability, indemnification and surrender of certain legal rights.

*Parent(s) or Legal Guardian(s) (hereafter collectively "parent(s)") of any participating minor (hereafter sometimes "minor" or "child") shall sign this Agreement. Participating minors (those under the age of 18) shall also sign. "I," "me" or other first person references shall include both the parent and the minor, unless the context requires otherwise. References to "participant" include both minor and adult participants.*

**In consideration of the services of Vertical World, Inc., its agents, owners, officers, employees, representatives and all other persons or entities associated with it (hereafter collectively "Vertical World"), participant, including parent(s) of minor participants, agree as follows:**

**ACKNOWLEDGMENT AND ASSUMPTION OF RISKS**

Engaging in climbing activities at Vertical World's indoor rock climbing facility involves serious risks. These activities vary but can include bouldering, climbing, belaying and rappelling on Vertical World's artificial climbing walls, with or without Vertical World staff present. I (and my parent(s), if I am a minor) acknowledge that participating in climbing activities involves risks. Some risks are inherent in these activities and cannot be eliminated or reduced. A variety of other risks also exist. **These inherent and other risks, hazards and dangers can cause injury, property damage, illness, mental or emotional trauma, paralysis, disability or death to participant or others. The following describes some, but not all of those risks, hazards and dangers:**

- 1.) **Risks involved in physical activity.** Activities vary, but can include lifting, climbing, rappelling, belaying and sustained use of a participant's arms and legs.
- 2.) **Risks in decision making.** Participants must make judgments and decisions as they participate in climbing activities. So, too, Vertical World staff must make judgments and decisions as they teach climbing skills or assist participants. These judgments and decisions are, by their nature, imprecise and subject to error. Consequently, there are risks involved in decision-making and conduct, including, without limitation, the risk that a staff member may misjudge a participant's abilities or fitness level.
- 3.) **Equipment failure or misuse.** Equipment used includes, without limitation, artificial climbing holds and anchor points, ropes, slings, harnesses, climbing shoes and climbing hardware which may be misused, or which can break, fail or malfunction. This includes participant's personal equipment or equipment rented or borrowed from Vertical World.
- 4.) **Risks regarding conduct.** The potential that I, other participants or third parties (e.g. belayer, rescue squad, hospital) may act carelessly or recklessly or generally fail to exercise care.
- 5.) **Such other risks, hazards and dangers associated with rock climbing activities and the use of artificial rock climbing walls.**

**These and other risks, hazards and dangers may result in participants (for example): 1) falling partway or falling to the ground, 2) getting entangled in ropes or other equipment, 3) impacting the rock face, anchor points, or other projections, 4) colliding with or impacting objects or people. These and other circumstances may cause fractures, sprains, broken bones, concussions, cuts or abrasions, or other injury or illness, mental or emotional trauma, paralysis, disability or death.**

I understand that the above list is not complete and that other unknown or unanticipated risks, hazards and dangers may result in injury, damage, death or other loss. I acknowledge that participating in these activities requires a special degree of skill and knowledge different from other activities and that I have responsibilities as a participant. I have no mental or physical problems or limitations that might compromise or affect my ability to participate in climbing activities which have not been disclosed to Vertical World. I represent I am fully capable of participating in these activities without causing harm to me or others and I agree to follow all Vertical World rules and regulations. I acknowledge that Vertical World staff is, and have been available, should I have further questions about the nature and physical demands of these activities and the risks, hazards and dangers associated with these activities. I understand that the presence of Vertical World personnel is absolutely no assurance of my safety or the lessening of any of these risks. **Climbing is dangerous! In both supervised and unsupervised activities, I acknowledge that all participants are responsible for their own safety. My participation in these activities is purely voluntary, and I choose to participate in spite of and with knowledge of the risks. Therefore, I (and my parent(s), if I am a minor) assume and accept full responsibility for those risks identified here and for those risks not identified, and for injury, damage, death or other loss suffered by me resulting from those risks, or resulting from my own negligence or other conduct.**

**RELEASE AND INDEMNITY AGREEMENT**

**Please read carefully. This section contains a Release and Indemnity Agreement and surrender of certain legal rights. Participant, if he/she is an adult, or parent(s), for themselves and on behalf of their participating minor child:**

- 1) **agree to release and covenant not to sue Vertical World**, with respect to all claims, liabilities, suits or expenses (including attorneys fees and costs), arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities. **I understand I agree**

here to waive all claims I may have against Vertical World, and agree that neither I, nor anyone acting on my behalf, will make a claim or file a lawsuit of any kind against Vertical World, as a result of any injury, damage, death or other loss suffered by me or my child;

- (2) **agree to defend and indemnify** ("indemnify" meaning protect by reimbursement or payment) **Vertical World** with respect to all claims, liabilities, suits or expenses (including attorneys fees & costs):
- (a) brought by or on behalf of me, my child, or a family member, arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities; or,
  - (b) brought by a co-participant or any other person, arising out of any injury, damage, death or other loss claimed to be caused, in whole or in part, by my/my child's conduct in the course of participating in Vertical World activities or using Vertical World's climbing wall or other equipment and facilities.

**This Release and Indemnity Agreement includes any losses claimed to be caused, in whole or in part, by the negligence of Vertical World (but not it's gross negligence or reckless misconduct) and includes claims for personal injury, property damage, wrongful death, products liability, breach of contract or otherwise.**

#### **CONCLUSION**

I agree that this Document, and all other aspects of my relationship with Vertical World are governed by Washington state law. Further, any mediation, suit, or other proceeding arising out of or relating to my enrollment or participation in Vertical World activities, must be filed or entered into only in the State of Washington and Washington state law shall apply. I agree to attempt to settle any dispute (that cannot be settled by discussion) through mediation before a mutually acceptable mediator.

I authorize Vertical World staff to obtain or provide medical care for me/my child or to transport me/my child to a medical facility. I authorize medical personnel to render such treatment they deem necessary for me/my child's health. I agree that Vertical World has no responsibility for medical care provided to me/my child and I agree to pay all costs associated with such medical care and transportation.

Any portion of this Document deemed unlawful or unenforceable shall not affect the enforceability of the remaining provisions of this Document and the remaining provisions shall continue in full force and effect.

**I have carefully read, understand and voluntarily sign this Document and acknowledge that it shall be effective and binding upon myself and my family and my heirs, executors, representatives and estate.**

\_\_\_\_\_  
Participant Signature                      Date              Print Name Here                      Accepted by: \_\_\_\_\_  
Staff

**Parent(s) or Guardian(s) must sign below for any participating minor (those under 18 years of age) and agree that they are subject to all the terms of this Document, as set forth above.**

\_\_\_\_\_  
Parent or Guardian Signature                      Date                      Print name here





## **Tieton River Rafting Overnight Trip September 16<sup>th</sup> – September 17<sup>th</sup>, 2006 Equipment List**

### **PERSONAL EQUIPMENT:**

- Wool Sweater or Fleece Jacket
- Raingear or Rain Coat (Tops and Bottoms)
- Warm Hat
- Long Underwear (tops and bottoms)
- Comfortable Shoes
- Warm Socks (Synthetic or Wool)
- Underwear
- 1 pair of Pants
- 1 Towel
- Swim suit
- Water shoes / sandals / extra pair of shoes
- Flashlight (extra batteries)
- Toiletries: Soap (Ivory is possible), tooth paste, tooth brush, comb / brush, sanitary napkins if necessary
- Plastic water bottle (small enough to pack, with a screw tight cap)
- Toilet paper (packaged in zip lock bag)
- Medication (if needed)
- Allergy Medicine (if needed)

### **OPTIONAL:**

- 1 Pair of Soft or Casual Shoes or Sandals
- Insect Repellent
- 1 pair of Sweats
- Sunglasses
- Water Proof Camera
- Small Travel Pillow
- Sun Screen